The Impact Of Cyberbullying On Adolescents On Social Media

Romy Maranatha Ginting
Universitas Pembangunan Panca Budi

Muhammad Arif Sahlepi
Universitas Pembangunan Panca Budi

Alamat: Jl. Gatot Subroto Km.4,5 Sei Sikambing 20122 Kota Medan, Sumatera Utara
Korespondensi : romy_ginting@rocketmail.com

Abstract : *The development of social media networks is extraordinary, with very easy access and unlimited friendships so that all groups regardless of social status ranging from old, young, and even children are so enthusiastic in using social media especially teenagers. Social networks are also used as a place for emotional outbursts, and it is not uncommon to express anger in the form of insults or insultswhich are often referred to as cyberbullying. The ITE Law provides legal protection for victims of criminal acts of cyberbullying as an effort to protect the law which is interpreted as the recognition and guarantees provided by the law in relation to human rights. Legal protection is a "condition sine quanon" lawenforcement is a manifestation of the function of the law as its aim. is to prevent disputes. The purpose of writing is to determine the impact of cyberbullying on adolescents on social media. The method used is literature review using articles and journals from 2016 to 2020 obtained from the Google Scholar electronic database. The results of various studies show that cyberbullying on adolescentson social media has a huge impact that affects all aspects of life from psychological, physical, and social aspects. The impact of cyberbullying that is felt is not only the victim, but the perpetrator, perpetrator and victim will also have an impact.*

Keywords: Cyberbullying,Adolescence, Social Media

Abstrak : Perkembangan jejaring sosial media sangat luar biasa, dengan akses yang sangat mudah dan lingkup pertemanan yang tanpa batas sehingga semua kalangan tanpa memandang status sosial mulai dari kalangan tua, muda, bahkan anak-anak begitu antusias dalam menggunakan media sosial khusunya dari kalangan remaja. Jejaring sosial juga dijadikan sebagai tempat mengeluarkan luapan emosi, dan tidak jarang juga untuk mengungkapkan kemarahan dalam bentuk cacian maupun hinaan yang sering disebut dengan *cyberbullying*. Undang-Undang ITE memberikan perlindungan hukum terhadap korban tindak pidana *cyberbullying* sebagai upaya perlindungan hukum di artikan sebagai pengakuannya dan jaminan yang di berikan oleh hukum dalam hubungannya dengan hak-hak manusia perlindungan hukum merupakan " *condition sine quanon* " penegakan hukum merupakan wujud dari fungsi hukum tujuannya adalah untuk mencegah terjadinya sengketa. Tujuan penulisan mengetahui dampak *cyberbullying* pada remaja di media sosial. Metode yang digunakan adalah literatur review menggunakan artikeldan jurnal dari tahun 2016 sampai dengan tahun 2020 yang didapat dari database elektonik Google Scholar. Hasil dari berbagai penelitian menunnjukkan bahwa *cyberbullying* pada remaja di media sosial memiliki dampak yang begitu besar yang mempengaruhi segala aspek kehidupan mulai dari aspek psikologis, fisik dan juga sosial. Dampak *cyberbullying* yang dirasakan bukan hanya pada korbansaja, melainkan pelaku, pelaku dan korban juga akan berdampak.

Kata Kunci : *Cyberbullying*, Remaja, Sosial Media

INTRODUCTION

Social media is a means of social interaction using web-based technology to turn communication into an interactive dialogue that is very accessible and scalable. It can be used to share, participate and create content supported by increasingly sophisticated multimedia technology. Social media allows information to spread easily and quickly, affecting people's perspectives, lifestyles and cultures. Through social media, humans are also invited to dialogue, sharpening their reasoning and psychological acumen with the nature that appears on the

screen. However, there is no denying that the messages aired through this electronic media can direct audiences towards both prosocial and antisocial behaviour.[1] Along with the progress and development of information technology, teenagers as users tend to spend more time in cyberspace. Social media should be a place where people can express themselves as normatively written in the 1945 Constitution article 281 paragraph 2 where it is written that "Everyone has the right to be free from discriminatory treatment on any basis and has the right to protection against discriminatory treatment".

Early adolescence is a transitional period from childhood to adolescence. Adolescence is often identified as a time when individuals begin to try to know themselves through exploration and assessment of their own psychological characteristics in an effort to be accepted as part of the environment. Some adolescents are able to go through this transition well, but some adolescents may experience juvenile delinquency ranging from minor to criminal delinquency, including cyberbullying.

In Indonesia, the number of teenagers who are victims of cyberbullying is reported at 80%, and almost every day teenagers experience cyberbullying. According to the United Nations Children's Fun (UNICEF) report in 2016, cyberbullying victims in Indonesia reached 41-50%.

In addition, the Indonesian Child Protection Commission (KPAI) stated that students in schools are vulnerable to cyberbullying. As of 03 September 2022, KPAI reported that cyber-related cases had involved 3,096 teenagers. The ITE Law provides legal protection for victims of cyberbullying crimes as an effort to protect the law is defined as the recognition and guarantees provided by law in relation to human rights legal protection is a "condition sine quanon" law enforcement is a form of legal function. Means of Preventive Legal Protection in preventive legal protection explains that legal subjects are given the opportunity to submit objections or opinions before a government decision gets a definitive form, the aim is to prevent disputes.

According to Prabawa, A.F that one of the indicators of the disruptive era is the development of science and technology is likened to two sides of a coin. Both sides will be an opportunity or a challenge, depending on how the community responds. The opportunities that we can see are that today's teenagers are developing into individuals who are multi-tasking,

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[1] Pandie & Weismann, 2016, Pengaruh Cyberbullying Di Media Sosial Terhadap PerilakuReaktif Sebagai Pelaku Maupun Sebagai Korban Cyberbullying Pada Siswa Kristen SMP NasionalMakassar, *Jurnal Jaffray* : Sekolah Tinggi Theologia Jaffray, 16 (1). 1-2.

compulsive about science and technology, critical thinking, full of confidence, and have a wide network of friends. In contrast to the opportunities, the challenge for today's teenagers is that they are accustomed to living in an atmosphere of rapidly available information that has a tendency to be egocentric and instantaneous. If the negative side is not addressed properly, it will have a detrimental impact.

The negative impacts of the internet include pornography, internet addiction, violence and gore, fraud, carding, and cyberbullying. Cases of cyberbullying are like the iceberg phenomenon, where only a few cases that are seen in public are only a few when in fact there could be many cyberbullying cases. A person who becomes a victim of cyberbullying usually has previous problems with the perpetrator, such as the perpetrator having feelings of envy, resentment and hatred towards the victim or it could be that the perpetrator is just a joke in cyberbullying.

Cyberbullying is a big problem, and can have a variety of impacts or consequences on adolescents. According to Priyatna, adolescents who experience cyberbullying are reported to feel anger, pain, shame or fear. These emotions can make the victim react to take revenge on the perpetrator, withdraw from socialising and activities that they used to do before and "change" to become equally fond of cyberbullying. According to Navarro, Yubero & Larranaga, the impacts of cyberbullying are:

1) Physical: adolescents experience headaches, stomachaches, sleep disturbances, fatigue, back pain, loss of appetite and digestive problems. 2) Psychological and Emotional: teens feel fear, feelings of terror, anxiety, suffering, sadness, stress and symptoms of depression. 3) School related: adolescents are less motivated to go to school and have reduced concentration levels or academic grades. 4) Psychosocial: adolescents have feelings of isolation and loneliness, ostracisation and even social rejection. The negative impact of bullying behaviour can affect all aspects of life (psychological, physical and social) which will continue to affect subsequent development. So it is important for nurses to prevent and tackle bullying behaviour. This is closely related to the role and function of nurses in primary health care efforts that focus on promotive and preventive efforts related to knowledge and how to control bullying behaviour and prevent the impact on health problems (Stuart, 2016).

THEORETICAL REVIEW

1. Cyberbullying

Cyberbullying is a deliberate and repeated act committed by someone using the internet against another person. Cyberbullying consists of the perpetrator (the bully) who is someone

who commits acts of bullying with the aim of showing power to the victim through cyber media, and the victim (the victim). Forms of cyberbullying violence such as using abusive or harassing sentences when commenting, mocking, intimidating, and posting photos or content that can embarrass victims on social media. Based on the description above, it can be concluded that cyberbullying is an act of violence via the internet committed by the bully against the victim with actions that can humiliate the victim in public through social media.

2. *Teenagers*

The Indonesian Pediatric Society defines adolescence as an individual who experiences a transition from childhood to adolescence or what is known as puberty with the characteristics of physical, psychological, and sexual maturation changes. According to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, the age range of adolescents is 10-18 years. Meanwhile, the Population and Family Planning Agency (BKKBN) states that the age range of adolescents is 10-24 years old and unmarried. Adolescent development is divided into three subphases, namely early adolescence (11-14 years), middle adolescence (15-17 years), and late adolescence (18-20 years). Based on the description above, it can be concluded that adolescence is a transition period for a person to adulthood with an age range of around 10-20 years which is characterised by physical, psychological, and psychological changes.

3. *Social Media*

Social media has now become a necessity of life for everyone in various parts of the world. The amount of information and functions provided by social media makes social media a primary thing in facing the current globalisation. Social media itself comes from two syllables, namely media and social. Media can be interpreted as a means or communication tool that can be used by everyone. While the meaning of the word social comes from the word "socius" which is Latin which means to grow, develop in a common life.

According to Andreas Kaplan and Michael Haenlein define social media as a set of internet-based applications that build on the ideology and technology of Web 2.0, and enable the creation and exchange of user-generated content. Social media is an online media where users can participate, share or share new things, and create content for blogs, social networks, wikis, forums and virtual worlds. It can be explained that social media is a place where everyone can create an account of themselves virtually or online so that they can connect with everyone to share information and communicate. The largest social media at this time are Facebook, YouTube, WhatsApp, Instagram, and Twitter.

RESEARCH METHODS

The method used in this paper is a literature review study. Data was obtained from an electronic database, Google Scholar, between 2018 and 2023. The researcher self-selected articles according to the title and abstract, and distinguished from the purpose of different documents and articles. Each of the 7 articles selected was carefully read from the abstract, objectives, data analysis from the researcher to gather information about the impact of cyberbullying on adolescents on social media. Inclusion criteria: articles that have relevant titles and content, research articles published in 2018-2023 published in 2018-2023. Exclusion criteria: articles that do not have a complete structure, review articles, which do not discuss the impact of cyberbullying.

RESEARCH RESULTS AND DISCUSSION

It is undeniable that the world is currently witnessing social and cultural changes controlled by information technology (internet). The use of the internet will bring many benefits if users are wise in utilising it, but also the opposite. As stated by Prabawa, A.F. that one of the indicators of the disruptive era is the development of science and technology is likened to the two sides of a coin. Both sides will be an opportunity or a challenge, depending on how the community responds. The opportunities that we can see are that today's teenagers are developing into individuals who are multi-tasking, compulsive about science and technology, critical thinking, full of confidence, and have a wide network of friends.

The internet has a positive impact, but if misused, it will have a negative impact, one of which is cyberbullying. This is also supported by research conducted by Utami found that cyberbullying is one of the causes of internet abuse of social media among adolescents. Interaction on social media can be done without having to be face-to-face and can also interact with known and unknown people.[2]

For the younger generation, especially teenagers, they have a great interest in social media, as research conducted by Ayun P.Q states that teenagers express themselves and build their identity and image themselves and express personal problems through social media. The presence of social media among teenagers is a mixture of personal problems with public problems. Not everything can be shared on social media, account owners must be able to filter everything that is shared on social media. or will be shared so that it does not cause problems in the future[3]. Cyberbullying presents a serious challenge to social life that must be addressed

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[2] Utami, Y.C. 2014. Cyberbullying di kalangan remaja. *Jurnal Universitas Airlangga*,3(3): 1-10.

[3] Ayun P.Q (2015). Fenomena Remaja Menggunakan Media Sosial dalam MembentukIdentitas. Channel Vol 2 No.2,

in the digital world. It is a frightening occurrence for everyone especially for teenagers causing depression, low self-esteem, inability to concentrate in class, lower academic grades, anxiety and even suicide.

A. Psychological Impact

Shultz, Heilman and Hart in their research stated that cyberbullying carried out in America is a form of violent behaviour carried out in the media through messages that are posted widely and can be known by many people in a short time. When bullying occurs there is a reciprocal response between the perpetrator and the victim, 90% and in general the perpetrator initiates the conversation as much as 48%. Increased access to social media risks the occurrence of cyberbullying, this condition is very dangerous for young people who are still psychologically unstable. Cyberbullying generally occurs due to the deterioration of a relationship, whether with a close friend, boyfriend or partner. The deterioration of the relationship is often the reason for attacking the opponent through social media, either with words directly directed at the victim, or in the form of innuendo.

Attacks launched through electronic media result in serious psychological problems. Victims feel vulnerable and alone and suffer the consequences in the long term compared to traditional bullying. This is in line with the results of research conducted by Parkington, Bilsbury and Leblanc in finding the impact of cyberbullying on adolescents where they suffered from mood disorders as much as 32%, depressive symptoms as much as 15% and abnormal behaviour before suicide as much as 37%. Emotional impact of bullying cyberbullying as many as 68.5% of adolescents experienced several negative emotions such as anger, upset, worry, stress, fear and feelings of depression.

Research conducted by Fahy, Stansfeld, Smuk, Smith, Cummins, and Clark states that there is a relationship between cyberbullying and mental health. With the high prevalence of cyberbullying, it has a greater potential to make victims experience depressive symptoms, anxiety symptoms, and below average adolescent well-being. This is also supported by the increasing use of mobile devices and the internet in adolescents. Furthermore, research conducted by Desmet, Deforche, Hublet, Tanghe, Stremersch, and Bourdeaudhuij states that there is a relationship between cyberbullying victimisation and mental health such as suicidal ideation.

Elgar, Napoletano, Saul, Dirks, Craig, Poteat, Holt, and Koening in their research also found that cyberbullying victimization is associated with mental health problems in adolescents

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such as, life satisfaction, emotional well-being and social behaviour.

B. Psychosocial Impact

The results of research conducted by Safaria, Tentama and Suyono show that cyberbullying has a negative psychosocial impact on victims. The negative impact of cyberbullying depends on the frequency, duration and severity of the cyberbullying itself. Victims of cyberbullying experience emotional distress and their behaviour. Beran Et Al proved that cyberbullying victims have bad experiences in the form of being scolded by others in the online world can lead to loss of trust, or they as victims will become cyberbullies or continue to be victims. In addition, when online violence occurs the victim cries, feels embarrassed, loses friends at school, is depressed, and experiences insomnia after cyberbullying treatment.

C. Academic Impact

The results of Ningrum F.S. and Zaujatul Amna's research showed that there were 177 (84.7 per cent) samples who had cyberbullying victimization experiences felt undisturbed by the learning process and felt safe at school, and as many as 32 (15.3 per cent) samples felt very hurt and disturbed by learning and also felt unsafe at school. This is further explained by Smokowski, Evans, and Cotter who stated that cyberbullying victimisation has a negative impact on individuals in the school environment which affects individual abilities while at school. Beran and Li added that individuals who are victims of cyberbullying will have difficulty concentrating. The more often the victim receives cyberbullying treatment, the more it will have a negative impact on the victim in life.

Cyberbullying also has an impact where the victim feels uncomfortable and depressed, this condition makes the victim not enthusiastic about doing activities and rarely goes to class. Many victims experience academic failure and decide not to continue school. This condition can increase the unemployment rate so that there are more cases of juvenile delinquency. The results of Laehem's research show that there are other symptoms that arise including feeling threatened, difficulty concentrating, decreased academic performance and feeling alone. In line with Aisiyai's research, which states that victims do not dare to go to school, experience a decrease in academic performance. This repeated attack will affect a person's self-confidence to be low.

D. Physical Impact

Based on the results of Triyono's research, Rimadani found that victims experience various physical impacts of cyberbullying, namely physical impacts such as headaches that are not wearing, sleep disturbances or difficulty sleeping which result in the health of the victim's

body such as sometimes feeling sleepy in the morning, red eyes, eye bags, and eyes like being stabbed and the victim also loses appetite and feels nauseous. loss of appetite and nausea, which are interrelated with each other, making the victim feel bad. Based on the results of this study, it can be concluded that the physical impact of cyberbullying on social media on adolescent victims is that it is difficult for victims to control their thoughts and attitudes towards what their friends are doing so that they feel the unpleasant physical impact, besides that the victim's personality type who is a thinker makes the victim easy to get a burden of thoughts that affect physical health.[4]

In line with Navarro, Yubero & Larranaga's research that the impact of cyberbullying is that adolescents experience headaches, stomachaches, sleep disturbances, fatigue, back pain, loss of appetite and digestive problems. According to Townsend, M.C. cyberbullying can cause physical disorders that accompany anorexia, overeating, insomnia, headaches, backaches and pain, the impact of cyberbullying can also affect physical health problems such as difficulty sleeping, decreased appetite.

Seeing the magnitude of the dangers caused by these events, it is necessary to continue to develop efforts to provide awareness to the public, especially social media users, to use it properly and wisely and anticipate everything that can harm and hurt others. Spreading hatred, threats and anger on social media is an act of violence that has a wide and serious impact. Perpetrators of cyberbullying often feel superior and justify their behaviour towards victims. Women are often the targets of cyberbullying, whether perpetrated by men or fellow women.

Mendez, Baldwin, Cirillo, Ferrigno and Argento state that 1 in 3 adolescents have been victims of cyberbullying and they convey the incident to parents, teachers, or other adults. The need for vigilance from parents, teachers or lecturers as well as people around the victim, to pay attention to behavioural changes that occur such as frequent moodiness, lack of confidence, lazy activities, changes in sleep and eating patterns, and withdrawal from social life. Parents should be aware of the social media used by their children, so that they can control if there are problems that arise from the social media used. Open communication between parents and teenagers is needed to anticipate cyberbullying.

Raskauskas and Stoltz asked adolescents open-ended questions about the negative effects of cyberbullying and 93% of victims reported negative impacts with most feeling sad, hopeless, and helpless.

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[4] Triyono, Rimadani. 2019. Dampak *Cyberbullying* di Media Sosial pada Remaja dan Implikasinya Terhadap Pelayanan Bimbingan dan Konseling (Studi Kasus pada Klien X di PadangUtara Kota Padang). *Neo Konseling*, 1(1):1-5

E. Cyberbullying Legal Policy in Indonesia

Cyberbullying is bullying using digital technology. It can occur on social media, chat platforms, gaming platforms, and mobile phones. According to Think Before Text, cyberbullying is aggressive and purposeful behaviour by a group or individual, using electronic media, repeatedly over time, against someone who is considered not easy to resist the action. Thus, there is a power differential between the perpetrator and the victim. The power differential in this case refers to a perception of physical and mental capacity.

Indonesian laws governing cyberbullying are found in :

1. Article 310 of the Criminal Code paragraph 1 'Whoever deliberately attacks the honour or good name of a person by alleging something, with the clear intention of making it known to the public, shall, being guilty of defamation, be punished by a maximum imprisonment of 9 (nine) months'.

2. Law No. 8 of 2008 on Electronic Information and Transactions Article 27 of Law No. 8 of 2008 on Electronic Information and Transactions paragraph 3 'Every person intentionally and without right distributes and/or transmits and/or make accessible Electronic information and/or Electronic Documents that contain defamation and/or libel.'

3. Article 27 of Law No. 8 of 2008 on Electronic Information and Transactions paragraph 4 'Every person intentionally and without right distributes and/or transmits and/or makes accessible Electronic information and/or Electronic Documents that contain extortion and/or threats'.

4. Article 28 of Law No. 8 of 2008 Concerning Electronic Information and Transactions paragraph 2 'Every person intentionally and without right to disseminate information aimed at creating a sense of hatred or hostility of individuals and/or certain community groups based on ethnicity, religion, race and intergroup (SARA)'

5. Article 29 of Law No. 8 of 2008 on Electronic Information and Transactions 'Every person intentionally and without right to transmit Electronic information and/or Electronic Documents containing threats of violence or fear that are personally addressed'.

CONCLUSION & SUGGESTIONS

The results of various studies illustrate that cyberbullying in adolescents on social media has a huge impact that affects all aspects of life ranging from psychological, physical, and social aspects. The impact of cyberbullying is not only felt by the victim, but the perpetrators, perpetrators and victims will also have an impact. The mental health condition of cyberbullying victims can be reviewed from negative effects (psychological distress) such as its relationship with social anxiety, emotional stress, drug use, depressive symptoms, to suicidal ideation and attempts. Victims tend to suffer from frustration, anxiety, depression, fatigue, reduced self-esteem, difficulty concentrating, moodiness, self-blame, irritability and suicide.

Laws or Criminal Codes that regulate cyberbullying will protect victims and no more bullying on social media or outside social media because bullying is very dangerous for the mental health of victims of cyberbullying. The form of protection from cyberbullying is in Law Number 19 of 2016 concerning Amendments to Law Number 11 of 2008 concerning Electronic Information and Transactions and the Criminal Code.

Suggestions that can be conveyed in this study are for adolescents to be able to control themselves, especially when interacting with friends or others and be wiser in using Instagram social media. In addition, adolescents are able to filter information on social media instagram in order to avoid cyberbullying behaviour. Parents should be able to build effective communication with adolescents through daily approaches at home and monitor adolescents' activities on social media to find out the development and problems that adolescents are experiencing so that parents can provide direction and advice to adolescents to avoid cyberbullying behaviour. In addition, parents can provide moral support to adolescents who are victims of cyberbullying. The government should also make special arrangements for the protection of cyberbullying victims in Indonesia.

The aim is not only to reduce the suffering of victims but also to prevent new victims. The government should also make appropriate criminal law formulations that will be able to ensnare the perpetrators of bullying in accordance with their actions and be responsible for their actions.

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